

**PHYSIOLOGICAL ROLE OF DHATUS IN BODY W.S.R. TO RASA DHATUS: AN  
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**ABSTRACT**

Ayurveda described natural ways of healthiness and the major goal of Ayurveda is to maintain overall health of a person. The ways of spiritual regimes are Dharma, Kama, Artha, and Moksha which helps to acquire Purushartha while physical and mental health comes through the balancing state of Dosha, Agni, Dhātu & Mala. The state of Dhatusamya resembles balance of Dhatus which also responsible for good health status thus we can say that functioning of Dhatus play vital role towards the health restoration of person. As per Ayurveda there are seven Dhatus Ras, Rakta, Meda, Mamsa, Majja, Asthi and Shukra. These all Dhatus perform specific functions inside the body and Dhātu karma is important aspect for maintain normal health status. Ayurveda described contribution of all Dhatus towards the physiological functioning of body; present article mentioned functioning of Dhatus W.S.R. to physiological role of Rasa Dhatus.

**KEYWORDS:** Ayurveda, Dhatus, Karma, Rasa.**INTRODUCTION**

Ayurveda described biological importance of *Dhātu* and *Dosha*, as per Ayurveda there are seven *Dhatus* inside the body which performs specific functioning and responsible for constitution of body. These seven *Dhatus* as per modern science are; plasma, blood, fat, muscle, bone marrow, bone and reproductive fluids. As per ayurveda these *Sapta Dhatus* are *Rasa, Rakta, Meda, Mamsa, Majja, Asthi* and *Sukhra*.<sup>[1-5]</sup>

Ayurveda mentioned that *Dhatus* are predominating to particular elements therefore responsible for specific qualities. *Rasa Dhātu* is predominant to *Jala* element thus possess quality of mobility & circulation. *Rakta Dhātu* is predominant to *Agni* element thus potentiate *Pitta* by process of transportation. *Mamsa Dhātu* is *Jala* and *Prithvi* dominant responsible for stability. *Meda* is responsible for built up and firmness in body. *Asthi* provide structure to body. *Majja* govern metabolic activities and associated with spinal cord & blood formation. *Sukhra* is responsible for energy and vitality.<sup>[4-7]</sup>

Diseases mainly arise due to the vitiation of *Doshas* which also affects *Dhatus*, therefore therapies which correct involved *Dhatus* can be employed to treat

particular disease. The *Dosha* and *Dhatus* involved in disease process therefore it is advised always to use *Dosha* pacifying therapy along with *Dhātu* patenting drugs. Proper diet, disciplinary regimen, exercise and natural remedies can help to balance *Dhātu*.<sup>[7-9]</sup>

**Function of Dhatus**

- *Rakta* transports oxygen and maintains circulatory process, provide nourishment to tissue and maintain thermostat of body.
- *Mamsa* which covers the delicate vital organs, and enables movements of bones & joints and maintains the physical capacity and strength of the body.
- *Meda Dhātu* maintains oiliness of tissues, provide compactness and muscular built up and prevent body from environmental and external shock.
- *Asthi Dhātu* provides support to body and give structure and base to body frame. This *Dhātu* along with *Sandhi* also responsible for movement and strengthen body.
- *Majja* fills up bony spaces and forms other *Dhatus*.
- *Shukra* associated with reproductive functioning and sexual strength, contributed towards the specific functioning of gender, it responsible for fertilization and provides healthy progeny if functioning in proper way.

**Rasa Dhatu**

*Drava, Snigdha* and *Sheeta* are *Gunas* of *Rasadhatu*, heart is considered as seat *Rasa dhatu*. *Rasa Dhatu* is transformed form of *Ahara rasa*, it maintain nourishment and support circulatory process of body. *Rasa dhatu* forms of blood, water, protein, nutrients, ions and other elements, etc. *Rasa* holds blood cells, transport nutrients, maintains blood volume, balances electrolytes, provides defense against foreign bodies. *Rasa* improves functioning of mind and balances *Pitta* thus correct digestive system. The important functions of *Rasa Dhatu* as per Ayurveda depicted in **Figure 1**.



**Figure 1: Vital functions of Rasa Dhatu.**

*Rasa Dhatu* performs functioning of *Tarpana, Vardhana, Dharana, Yapana, Snehana* and *Avashtambana*, etc.

*Tarpana* effects nourishes person and maintain health of all age group peoples. *Vardhana* action contributed towards the growth and development of children. *Dharana* means *Jeevana* affects which helps to stabilizes biological elements and provide stability. *Yapana* effect prevents early ageing and depletion of other *Dhatu*. *Snehana* effects of *Rasa Dhatu* maintain lubrication and oiliness in body thus prevent dryness of skin, mouth and throat. *Avashtambana* effect stabilizes body components and localized biological elements on their positions. *Tushti* action of *Rasa Dhatu* relives *Trishna* and provides satisfaction.

*Rasa Dhatu* is associated with *Ojas*, which is considered essence of other *Dhatu*s, the greatly depends upon *Rasa Dhatu*. The optimum quality of *Oja* is responsible for good health and disease free health status.

*Rasa dhatu* after circulating from *Hridaya* nourishes other *Dhatu*s and provides immunity by nourishing *Rakta dhatu*, thus good quality of *Rasa dhatu* is responsible for normal immune response which prevents manifestation of common infectious diseases.

*Rasa Dhatu* related with circulation therefore maintain *Gati* of *Vata* and *Vayu* inside the body, also facilitates

elimination of toxins from body and continuous circulation prevents obstruction of *Srotas*.

**Diseases & Rasa Dhatu**

Pain, palpitations, *Hrudaya utkleda* and fatigue, etc. are pathological features of *Rasa Dhatu Kshaya*. The other symptoms of *Rasa Dhatu Kshaya* are *Prakruta karma hrasa, Mukha shosha, Dhatu apachaya, Sharira shosha, Shunyata, Shabda asahishnuta, Trushna, Hrudaya ghattana* and *Shrama-Klama*, etc.

The *Rasa* deficiency leads deprived supply of nutrients thus overall body nourishment gets affected.

*Ksheenata* means degeneration of other *Dhatu*s also observed during *Rasa Dhatu Kshaya*.

Dryness of mouth and other body part, emaciation, thirst, tiredness, *Hrudaya kampa* and *Hrudaya shula* observed in severe pathological conditions associated with *Rasa Dhatu*. *Rasa Dhatu Kshaya* leads tiredness and mental irritability.

**Ayurveda management of Rasa Dhatu Kshaya**

*Ahara* possessing nutrient quality, balanced diet containing carbohydrate, vitamins, proteins, fats, fluid contents and minerals, etc. can be suggested.

Ayurveda drugs which boost *Agni* and balances *Doshas* potentiates all *Dhatu*s and improves quality of *Rasa Dhatu*.

Balanced conduction of daily and dietary regimen means disciplined lifestyle, proper sleep, exercise, *Yoga*, meditation and avoidance of stress, etc. contributed greatly towards the management of *Dhatu Kshaya*

*Raktapittahari chikitsa, Virechana* and *Rakta-sravana*, etc. can be used to manage *Rasa Dhatu Kshaya, Tikta rasa dravyas* i.e.; *Saariva, Chandana, Manjistha, Chirayta, Priyangu* and *Nimba*, etc. can be used for relieving symptoms of *Dhatu Kshaya*.<sup>[8-11]</sup>

**CONCLUSION**

As per Ayurveda *Rasa Dhatu* is from of *Ahara Rasa*, this process carried out by *Rasadhatwagni* and this *Dhatu* further nourishes other *Dhatu*s. The *Rasa Dhatu* performs functioning of circulation and maintains fluidity of body. *Snigha* and *Sheeta Guna* of *Rasa Dhatu* prevent vitiation of *Doshas*. *Rasa dhatu* performs functioning of *Jeevana, Tarpana, Snehana* and *Dharana*, etc. *Rasa Dhatu* maintain functioning of other *Dhatu*s, balances quality of *Oja*, provides immunity, maintain *Gati* of *Vayu* and facilitates elimination of toxins body thus detoxify body, therefore we can say that *Rasa Dhatu* is vital entity and essential components to maintain normal physiological functioning of body.

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